

Pius X Bowling Practice

11.16.09

1. 4p – 5p
Lane 1
 - free arm swing (kneel) work on releaseLane 2
 - balance drill solid at lineLane 3
 - one stepLane 4
 - three stepLane 5
 - fundamental full swingLane 6
 - fundamental full swing

2. 5p – 5:15p
Drift Number
Determine your number

3. 5:15p - End
Bolt games practice

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6. 5:15p - End
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